

**SELF SURVEY MODULE**  
**483.15(b) SELF-DETERMINATION AND PARTICIPATION**

**TAG F242**

---

**REGULATION: F242 SELF-DETERMINATION AND PARTICIPATION**

The resident has the right to --

- ( 1 ) Choose activities, schedules, and health care consistent with his or her interests, assessments, and plan of care;
- ( 2 ) Interact with members of the community both inside and outside of the facility; and
- ( 3 ) Make choices about aspects of his or her life in the facility that are significant to the resident.

**DATA COLLECTION:**

**OBSERVATIONS:**

- A. The Resident
  - 1. How is the resident dressed?
  - 2. Is their dress for their age, sex, physical condition and preference?
- B. The Room
  - 1. Is the room furnished with personal furniture and/or pictures or other personal items?
  - 2. Is the radio or television on/off and consistent with the resident's interests or preferences?
- C. Staff/Resident Interaction:
  - 1. Does the staff ask the resident questions to determine the resident's preferences? For example:
    - a. When would you like to get up in the morning?
    - b. Is there anything special you would like to do today?
    - c. It is time for your scheduled bath? Are you ready?
  - 2. How does staff respond to the resident's preferences?
  - 3. Is the resident given choices regarding his or her personal appearance?
  - 4. If the resident states a preference, how does the staff respond?
- D. Daily Life
  - 1. Does the resident's daily schedule and activities reflect the ongoing resident's interests and needs?
  - 2. During meal observations do residents receive food/beverage items consistent with preferences recorded on the tray card?

**DOCUMENTATION:**

- A. Minimum Data Set (MDS)
  - 1. Review the MDS for information on resident's preferences and needs.
- B. Care Plan:

1. Review the care plan to see if it incorporates the resident's likes and dislikes.
- C. Social Worker's Notes in the Medical Record:
  1. Does the initial assessment and progress notes give information regarding previous lifestyles and preferences?
- D. Dietary Notes in the Medical Record:
  1. Does the initial assessment and progress notes identify food/beverage preferences?
  2. Is the documentation on the tray card reflective of these preferences?
- E. Nurses' Notes in the Medical Record:
  1. Review the nurses' notes to see evidence of preferences honored or requested.
- F. Resident Council Minutes:
  1. Review Resident Council minutes to determine if the needs and preferences are being honored?
  2. Activity notes in the medical record. Does the initial assessment and progress notes identify the residents' hobbies and interests?

## **INTERVIEWS:**

### **RESIDENT INTERVIEWS:**

- A. Resident Interview about the Room:
  1. How do you feel about your roommate?
  2. Do you enjoy spending time in your room?
  3. Is there enough light for you?
  4. Is the room temperature comfortable?
  5. Is there anything you would like to change about your room?
  6. Have you told the staff about room preferences you have?
- B. Resident Interview about Activities:
  1. What kind of activities do you attend?
  2. Do you enjoy the activities?
  3. Do you go outside of the facility for activities?
  4. Is there an activity you would like to do other than the activities that are offered here?
  5. Have you told the staff about activity preferences that you have?
- C. Resident Interview about Decisions:
  1. Does staff consider your choices when providing daily nursing care and medical treatment?
  2. When a preference is stated do you participate in meetings where staff help identify areas of needs and then plan your daily activities, medical and nursing care?
  3. If staff are not able to honor your request, do they inform you why?
  4. Can you choose how you spend the day?
  5. Has anyone talked with you about your food and drink preferences?

6. If so, does staff honor those preferences at mealtime?
7. Do you have the opportunity to participate in meetings where staff help identify areas of need and then together plan your daily activities, medical and nursing care based on your individual needs and preferences?

**FAMILY INTERVIEWS:**

- A. Family Interviews for Noninterviewable Residents
  1. Do you know your family member's daily routine preferences when he/she was able to make the choices and tell you what he/she wanted?
  2. Did he/she enjoy particular hobbies or activities?
  3. Is/was there an interest in spiritual or religious activities?
  4. Was he/she more of a social person or a loner?
  5. What types of social or activities did he/she attend?
  6. Are there any particular food or beverage preferences or special eating habits?
  7. What was his/her sleeping habit or pattern?
  8. What was his/her lifetime work?
- B. Family Interview for Interviewable or Noninterviewable Residents
  1. Is there anything about your family member that you feel is important to know?
  2. Did the facility staff ask you about your family member's preferences and have they incorporated these into their daily care of your family member?

**GROUP INTERVIEW:**

1. Are there any special rules here? (i.e., certain times you have to go to bed, get up, bathe, etc.?)
2. Do you have input into the rules at this facility?
3. Does the facility listen and respond to your suggestions?
4. Do the activities here meet your interest and needs?

**STAFF INTERVIEW:**

1. Is there anything "special" that the resident likes to do, have or wear?
2. Is the staff caring for the resident aware of the resident's preferences?
3. Can you tell me what the resident's preferences are?
4. How do you know what your assigned residents like or do not like?
5. What do you do when a resident states a preference to you?
6. Are residents reminded that they have a choice?
7. How do you offer the resident choices?